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Grocery Department Open 8 a.m. - 12 Midnight. Grocery & Produce Specials Effective Thur. Thru Sun., April 13 - 16.

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ONE POUND CAN

49¢ EACH

THROW RUGS

Cut from Expensive Carpeting

19" x 32"

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ORIENTAL SANDAL SLIPPERS

Rest Your Tired Feet!

Sizes Small, Medium or Large

PAIR 29¢

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APPLESAUCE

No. 303 Size Cans

10¢ Each

ROSEMEAD

GREEN OLIVES

FULL GALLON JAR

99¢

Sun Vista, Early June

PEAS

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No. 300 Cans

Camp Fire Chocolates

MINTS

10¢

8-oz. Pkg.

PLASTIC

CLOTHES PINS

10¢

PKG.

Don't Forget Our Low Price!

HOME GROWN

STRAWBERRIES

10¢

BASKET

Buy Now And Do Your Canning

Central American



BANANAS

10¢

POUND

Large, Red Rose

POTATOES

CELLO BAG

39¢

Thin-Skinned LEMONS
Sweet, Juicy ORANGES

1¢

Each

Cliquot Club

SODA POP

Asst. Flavors FULL QUART

10¢ ea

Blue Ribbon

VANILLA

Flavoring 8-oz. Bottle

10¢

BLEACH

Lance, Full Strength

FULL GALLON NO DEPOSIT

39¢

Loose, Tops Off

CARROTS

29¢

Romain Leaf

LETTUCE

4 FOR 9¢

Medical Mail Order Quacks 'Meanest Sharpies in World'

Medical mail-order quacks who victimize people by peddling worthless health treatments are termed "the meanest sharpies in the world" today.

"These human vultures feed on the ignorance and hopes of men and women who yearn for the "miracles" that legitimate medicine thus far has been unable to provide," says Today's Health Magazine, published by the American Medical Association.

"Peddling useless drugs, fake 'remedies' and bizarre therapeutic gadgets via the U.S. mails is a lucrative source of income for some of the meanest sharpies in the world," says the expose, written by Harry Kursh. Only the dedicated vigilance of the U.S. Postal Inspection Service has prevented mail-order quackery from becoming possibly the greatest swindle of all time, the article said.

PUBLIC BILKED

Despite this effort, however, the American public last year was bilked out of \$50 million by mail-order medical frauds.

"For the most part," the article said, "medical mail-order frauds operate on two related theories—namely, that some people will pay anything for a professed 'miracle' and that a certain percentage of gullible persons can be found on almost any mailing list, making up the so-called 'sucker' list."

"Accordingly, high on the gyp parade are preparations and devices that appeal to vanity, and 'cures' or treatments for ailments for which no effective treatments are known. These range from bosom developers and "dietless" reducing schemes based on pills, tonics and gadgets, to the most tragic of all nostrums, 'cures' for victims of heart diseases, arthritis, rheumatism and cancer."

The mail-order quack, no matter how harmless his cure or gadget, is a potential killer, the article said. Mail-order quackery causes misery, injury and death by delaying early and proper treatment by a physician, it said, adding: "Time after time, postal inspectors have seen such delays spell the difference between life and death."

A current danger is the widespread traffic in appetite depressants, promoted and pushed as schemes for dietless reducing.

WORTHLESS

"Without exception, these mail-order 'diet' plans are worthless or misleading," the article said. "What's worse,

the most vulnerable suckers on the mailing list are those who have ailments frequently associated with obesity—such as diabetes, thyroid disease, and heart, liver, and kidney trouble. For these hapless victims, dieting without a physician's guidance, like almost any form of self-medication, is fraught with danger."

Protecting oneself from mail frauds can be a simple matter of regarding any therapy, device, treatment, remedy or cure sold by mail with suspicion, especially if it makes sweeping claims for success.

"In any case, your best protection is your own doctor," said the article. "If you think a treatment is something he may not have heard about, he can look into it a lot more quickly and reliably than you can."

Modern Dance Available at Monday Class

Modern dancing will un-kink those sluggish muscles, firm your frame and promise to take you out on a carefree, creative limb. Every Monday evening starting on April 17 at 7:45 p.m., at the Torrance YWCA, 2320 W. Carson St., Torrance, you will be able to do just that.

Six weeks course is under the expert instruction of Mrs. Jame Bosco. This vivacious teacher danced professionally and has studied under many of the artists in the New York theatres: Doris Humphrey, Charles Weidman and Martha Graham to name a few.

Summer is just around the corner, so take advantage of this opportunity to get in shape for the busy season ahead. Please call FA 0-2555 before April 15 to reserve your place in class. Registration is limited.

CLIMBING ROSES

Canes of climbing roses should be guided along the fence or trellis that supports them. By arching them slightly, the gardener encourages dormant buds along the cane to break and push up with new growth. And it's on this new growth that the flowers will be borne.

ANTI-RUST

Improved water systems were prevalent in home building during the past ten years, Anaconda plumbing specialists report. They estimate that 8,000,000 of the homes built during the fifties contained copped hot and cold water lines.

South High Forensic Spartans Participate in Speech Tourney

Recently South High Forensic Spartans participated in an Open Speech Tournament at North High School. Twenty-two schools participated and South tied for fourth place in individual events, placed third in debate and finished first in dramatic interpretation. Trophies were received by persons finishing first in all three rounds, superiority awards were received by persons finishing in the top 10% and Awards of Excellence were given to those persons who finished in the top 20% of the participating number.

ORATORS

The following orators received awards in Debate: Trophies: Doug Foerster, John Brooks, Winkie Gilbert, Paula Harter, Mike Grove, Bud Brittenham, Sylvia Margolin, Lawrence Karr, Bill Latham and Tom Hamlin. Irene Hansen and Warren Cross won certificates. John Brooks also won a trophy in Extemporaneous Speaking. In Dramatic Interpretation, Sally Hovey and Lana Hurst won trophies. Certificates of

superiority were received by Shelly Lessin, Winkie Gilbert and Jo Ann Burkus.

Excellence awards were won by Judi Tate, Sally Slater, and Richard Vogl in the same category. Nancy Hill received a superior certificate and Diane Kaplan, Bill Pallock and Doug Millar, each received certificates of excellence in Humorous Interpretation. In Impromptu, John Brooks won an excellence. A superior award was received by Winkie Gilbert in Original Oratory. Helen Marich also placed in this category with an award of excellence.

PUBLIC NOTICE!

Bazaar and Rummage Sale

EVERY WEDNESDAY, SATURDAY AND SUNDAY - 8 A.M. TO 4 P.M.

SWAP MEET

ROADIUM

Drive-In Theater Redondo Beach Blvd. at Crenshaw - FA 1-3920

DIAL-A-PRAYER

NON-DENOMINATIONAL

FA 8-3903

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